



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

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COMMUNITY EDITION

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October is Breast Cancer Awareness Month

Breast cancer is the second most common cancer among women in the United States. (Skin cancer is the most common.) The American Cancer Society recommends the following guidelines for finding breast cancer early in women without symptoms:

Mammogram: A mammogram is an x-ray of the breast. Women age 40 and older should have a screening mammogram every year and should keep on doing so for as long as they are in good health. Women with a higher risk of breast cancer should talk with their doctor about the best screening plan for them.

Clinical breast exam: Women in their 20s and 30s should have a clinical breast exam (CBE) as part of a regular exam by a health expert, at least every 3 years. After age 40, women should have a breast exam by a health expert every year.

Breast self-exam (BSE): BSE is an option for women starting in their 20s. Women should report any changes in how their breasts look or feel to a health expert right away. Women should have their doctor or nurse check their method to make sure they are doing it right.



The earlier breast cancer is found, the better the chances that treatment will work. The goal is to find cancers before they start to cause symptoms.

Women should see a doctor right away if they notice any of these breast changes: a lump or swelling, skin irritation or dimpling, nipple pain or the nipple turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. But remember that most of the time these breast changes are not cancer.

Source: American Cancer Society

Help with paying for breast cancer screenings

The Wisconsin Well Woman Program (WWWP) helps women who do not have any or enough health insurance to pay for breast or cervical cancer screenings. The WWWP pays for breast and cervical screenings, and in most cases, will pay for treatment if cancer is found.

Women may qualify for the program if they:

- Are 45-64 years of age
- Have little or no health insurance.
- Have yearly household income that meets our guidelines- up to \$27,225 for one person, \$36,775 for 2 persons. (Add \$9,350 for each additional household member)

Women aged 35-44 are eligible for breast cancer screenings if they have any symptom of breast cancer and meet the other guidelines above.

For more information or to enroll in the program, please call the Grant County Health Department at 608-723-6416

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Healthy Holiday Eating

Cut the Sweetness. When making pumpkin pie or eggnog, reduce the amount of sugar by half and enhance “sweetness” by adding a bit more vanilla, nutmeg, or cinnamon. If recipes calls for sugary toppings like frosting, jams, and syrup, use fresh fruit instead.

Shake the Salt Out. You can reduce salt in half in most recipes too. Also go easy on salty condiments, such as pickles, catsup, mustard and soy sauce. Instead offer cucumber slices and fresh tomato or fruit salsas. Or try lower sodium versions of mustard and soy sauce. In recipes, substitute fresh herbs and flavored vinegars for salt.

Trim the Fat. In baked goods you can cut the fat by about half and replace it with unsweetened apple-sauce, prune puree or mashed banana. Instead of full fat condensed milk, use condensed skim in pumpkin pie and eggnog. For heavy gravy, heat fat-free, low sodium broth (or drippings with the fat removed); mix flour into cold skim milk and pour slowly into broth, stir until thickened and season to your liking.



It's Not Too Late for Influenza shots

Influenza shots are available at all WIC and Health Check clinics and Immunization Clinics. Shots are also available at the Grant County Health Department at 111 South Jefferson Street in Lancaster on Tuesdays from 8:00am to 4:00pm. If coming on a different day than Tuesday, call the Health Dept (723-6416) to be sure a nurse is available.

Make Half Your Plate Fruits & Veggies

For breakfast:

- Stir any cereal into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.



For snacks:

- Eat fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack; pack one for yourself.
- Put grapes and banana slices on wooden skewers and freeze for “fruit on a stick.”

For lunch and dinner:

- Eat less cheese and more vegetables on your pizza. Try onions, mushrooms, or peppers.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.
- Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

Source:

www.fruitsandveggiesmatter.gov

For more information on healthy eating, contact Grant County's UW-Extension Nutrition Education Program at 723-2125.



Immunization Clinics

December 12th—Platteville United Methodist Church from 5:00pm to 6:00pm

December 13th—Muscodia Kratochwill Bldg. 3:45pm to 4:15pm

December 13th—Fennimore St. Peters Lutheran Church from 5:00pm to 5:30pm

December 14th—Hazel Green Methodist Devotional Center from 4:00pm to 4:30pm

December 14th—Cuba City—City Hall from 5:00pm to 5:30pm

December 14th—Dickeyville New Fire Station from 6:00pm to 6:30pm

WIC & Health Check Clinics

(Immunizations given at all these clinics)

Nov 1st—Potosi New Fire Station from 9:00am to 12:30pm

Nov 2nd—Muscodia Kratochwill Building from 9:30am to 3:30pm

Nov 3rd—Platteville Peace Lutheran Church from 9:00am to 3:30pm

Nov 8th—Boscobel United Methodist Church from 9:00am to 3:30pm

Nov 9th—Fennimore United Methodist Church from 9:00am to 3:30pm

Nov 15th—Cuba City St Rose Catholic Church from 9:30am to 3:30pm

Nov 17th—Platteville Peace Lutheran Church from 1:00pm to 7:00pm

Nov 22nd—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

Websites

Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.

Visit the Wisconsin Immunization Registry (WIR) website www.dhfs.wisconsin.gov/wir for information on your immunizations.

Visit www.grantcountyhospice.com for information on the Hospice Program.

What Do You Drink? It Makes More Difference Than You Think!

Calories in drinks are not hidden (they're listed right on the Nutrition Facts label), but many people don't realize just how many calories beverages can contribute to their daily intake.

Type of Beverage	Calories in 12 ounces	Calories in 20 ounces
Fruit punch	192	320
100% apple juice	192	300
Regular cola	136	227
Sweetened lemon iced tea (bottled, not homemade)	135	225
Sports drink	99	165
Fitness water	18	36
Diet soda (with aspartame)	0*	0*
Water	0	0

*Some diet soft drinks can contain a small number of calories that are not listed on the nutrition facts label.

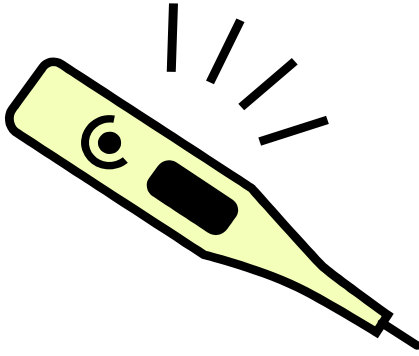
Here are some ways to make smart beverage choices:

- Choose water, diet, or low-calorie beverages
- Carry a water bottle and refill it throughout the day.
- Keep a jug or bottles of cold water in the fridge.
- Choose low fat or skim milk
- Add a splash of 100% juice to plain sparkling water
- When you do opt for a sugar-sweetened beverage, go for the small size
- Request that your coffee be made with fat-free or low-fat milk instead of whole milk



Keeping Your Child Home from School

Most parents have had to decide whether or not to keep their child home from school due to illness. In general, you should keep your child home from school if they have:



Fever- A fever by itself or in combination with an earache, headache, irritability.. A fever is defined as having a temperature of 100 degrees F or higher taken under the arm, 101 degrees if taken orally or 102 if taken rectally.

- Vomiting or diarrhea
- Body rash with a fever
- Sore Throat with swollen glands or fever
- Eye discharge- thick mucous or pus draining from an eye or pink eyes
(After a diagnosis of pink eye caused by bacteria, the child needs to stay home until they have been on antibiotics for 24 hours AND symptoms have improved. For pink eye caused by a virus, children need to stay home until symptoms improve.)
- Yellowish eyes or skin
- Chickenpox- until all sores are scabbed over
- Head lice- Must stay out of school until treated and changed into clean clothes.
- If you can see that they are in general not feeling well, extremely tired or other conditions that will keep them from learning at school.



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